

ADULT PROGRAMS

Adult Education

New ~ Beginning Italian: Ciao. Mi chiamo...

Learn conversation skills such as introductions and polite greetings and interactions. Essential basic vocabulary and grammar will be introduced. No prior Italian language experience is necessary.

Day: Monday

Time: 7:00 – 8:00 p.m.

Dates: 4/21 – 6/16 (8 wks) – no class 5/26

Instructor: Anna Prendi

Fee: \$79.00

Place: Town Hall Meeting Room

The Keys to Happiness: An Introduction to Positive Psychology

Come learn about the Keys to Happiness. This is an introductory session to the new field of Positive Psychology, based on the teachings of Dr. Martin Seligman, from the University of PA and the founder of Positive Psychology. Join Marianne Seeber of Pathways Counseling of CT for this workshop to discover YOUR Essential Elements for Well Being and your Pathway to Happiness.

Day: Tuesday

Time: 7:00 – 9:00 p.m.

Date: 4/29

Fee: \$20.00

Place: Town Hall Meeting Room

Beginners Bridge

Participants will learn the basics of bridge. We'll begin with the counting of the points and following with the bidding and playing of the hand. Much of the time will be spent in playing actual hands.

Day: Tuesday

Time: 6:30 – 8:30 p.m.

Dates: 4/22 – 5/27 (6 wks)

Instructor: Irv Agard

Place: Senior Center

Fee: \$54.00

Digital and Film Photography

In just five weeks this class will have you using your camera like a pro. It will demystify what all those buttons and hidden menus do. Technical terms like white balance, ISO and resolution will be explained, but we'll also spend time developing your artistic sense. Weekly assignments will encourage you to practice and develop your skills. Plus this season we'll examine what your smart phone camera can do. Charge up your batteries, bring your camera manual, and let's have some fun!

Day: Wednesday Time: 7:00 – 9:00 p.m.

Dates: 4/23 – 5/21 (5 wks)

Place: Town Hall Meeting Rm.

Instructor: Mary Ann Kulla

Fee: \$70.00

Click, Load & Print

This class will demonstrate how to get your digital photos onto your computer, organize them, and make prints using your home printer or an online lab. Bring a memory card with some pictures you don't mind experimenting with, plus bring any connecting cables that came with your camera and your camera manual. This season we are offering one session just for Mac users, the other for Windows users since the operating systems are so different.

Session 1 for Mac Users: Wednesday, May 28

Session 2 for Windows Users: Wednesday, June 4

Time: 7:00 - 9:00 p.m.

Fee: \$25.00/session

Place: BHS Computer Lab

Instructor: Mary Ann Kulla

Photoshop - Individual Training

Have you been struggling to improve your photos with **Photoshop Elements** or some version of **Photoshop**? Are you encountering lots of frustration? If so, this is your opportunity to sit down with an experienced Photoshop user - with at most one other student - to identify and move beyond your current roadblocks. Bring your laptop with images that you'd like to work on, or use the Brookfield High School computers. Since this will be individualized instruction, we can focus on your unique interests. We'll cover whatever topics you'd like to experiment with: tools, selections, pallets, layers, actions or giving your images a unique tonality. Take the next step towards realizing your creative vision!

Day: Thursday

Time: 7:00 - 9:00 p.m.

Date: 5/8 (1 wk)

Fee: \$75.00

Place: BHS Computer Lab Instructor: Mary Ann Kulla

iPhone Photography

The 8 megapixel iPhone 4, 5 and 5S can take great pictures. Since you have the phone with you all the time, you will be more likely to use it than a complicated camera. We'll spend the evening learning to really utilize the "camera" and "photos" sections of the phone, as well as test out a few useful apps. We'll also address the iPhone's limits as compared to a small digital camera or DSLR camera.

Day: Thursday

Time: 7:00 – 9:00 p.m.

Date: 5/1 (1 wk)

Fee: \$25.00

Place: Town Hall Meeting Rm

Instructor: Mary Ann Kulla

Tune in to your iPhone

Would you like to be able to use the "music" options on your iPhone without stressing? In one evening this class will explain how to browse for the music you like, create a playlist, display the lyrics and even use Siri for voice commands to manage playback. We'll also touch on podcasts and iTunes Radio. You'll leave class able to do the same things your teenager does. Please come in knowing your Apple ID and password, so that you can download a song or two for practice.

Day: Thursday

Time: 7:00 – 9:00 p.m.

Date: 5/15 (1 wk)

Fee: \$25.00

Place: Town Hall Meeting Rm Instructor: Mary Ann Kulla

The ABC's of Photo Organizing

Are you overwhelmed with your photos? Are you not sure what to do with them? We can help! This class will help you organize, plan and give you tips to preserve your memories to pass on to your children and grandchildren. Linda and Sharon are certified photo organizers with APPO (Association of Personal Photo Organizers). Bring in a box of your photos and get started today!

Day: Wednesday

Time: 7:00 – 8:30 p.m.

Date: 4/30 (1 wk)

Fee: \$25.00

Place: Town Hall Meeting Room 129

Instructors: Sharon Gialo and Linda Thomas

Mediterranean Vegetable Cooking 201

This program will elaborate on the skills learned in Cooking 101 as participants prepare three recipes each evening using a variety of different vegetables. In order to participate in this session, you must have already taken Cooking 101.

Day: Wednesday

Time: 6:30 – 8:30 p.m.

Dates: 4/30 – 5/21 (4 wks)

Fee: \$82.00

Place: BHS Culinary Arts Room #204

New ~ Essential Oils: Good for Your Body & Home

Come learn about ways to care for your body and home without using harmful or toxic chemicals. Sample products and learn strategies to create your own products.

Day: Wednesday

Time: 7:00 – 9:00 p.m.

Date: 5/14

Fee: \$25.00

Instructors: Sandra Pinto and Jennifer Ripa-Edson

Place: Town Hall Meeting Room

New ~ Basic Dog Obedience

This five week program focuses on socialization and basic obedience. Sit, stay, heel and down with everyday distractions as well as discussion of common behavioral issues will be covered. We will be using positive reinforcement; bring water for your dog but no treats please. Wear soft soled, closed toe shoes and comfortable clothing for the weather. Please bring a 6-foot nylon lead with a swivel clip and training collar, both suited to the size and weight of your dog. After registration, you will be emailed a behavior fact sheet. These must be emailed to the instructor before the start of class or brought with you to the first class.

Aggressive dogs must be evaluated prior to class registration. All dogs must have current license on file with the Town Clerk's Office.

Day: Wednesday

Time: 6:30 – 7:30 p.m.

Dates: 4/23 – 5/21 (5 wks)

Fee: \$135.00

Place: Town Hall Back Field

Instructor: Jill Meyer, owner of GOOD DOG!

Relaxing Ukulele for Adults (Beginners)

Come and have fun while relaxing and learning this fun and easy to learn instrument that is experiencing a surge in popularity. The classes will cover basic chords, simple strums, and lots of great songs that can be played with two or three chords. Even if you've never picked up the uke before, you will be well on your way by the end of this first 6 week session. Ukulele and book are included.

Day: Tuesday

Time: 7:30 – 8:30 p.m.

Dates: 4/22 – 5/27 (6 wks)

Fee: \$175.00

Place: SOUND, 31 Hawleyville Road, Newtown

Mindful Based Stress Reduction (MBSR)

Do you want to live a more engaged and balanced life? There is a way of being and doing that allows you to live life more fully through the practice of mindfulness. Mindfulness is a human quality, a way of learning to pay wise attention to what is happening in the present moment, with non-judgmental awareness. Mindfulness Based Stress Reduction (MBSR) developed by Jon Kabat-Zinn, Ph.D., at the University of Massachusetts Medical Center is an evidence-based, structured complementary medicine and wellness program that uses mindfulness as a way of learning to tap into your inner resources, empowering you to respond rather than react to stress, pain and illness. In addition to the eight weekly classes listed below there is a Saturday Retreat on May 31 from 11:00 a.m. – 5:00 p.m. included. Free introductory session on April 7 from 6:30 – 8:00 p.m. if you would like to learn more before registering.

Day: Monday

Time: 6:30 – 8:30 p.m.

Dates: 4/21 – 6/9 (8 wks)

Fee: \$295.00

Place: SOUND, 31 Hawleyville Road, Newtown

Instructor: Sheila Wall

D.E.E.P. Boating Safety Course

Students of all ages successfully completing this course will satisfy the education requirements for the Connecticut State Boating Certificate, required for anyone who operates a boat. **Participants must attend all four classes in the same session.** Adults must present a picture id (driver's license) at the first class. All children who do not have a picture id must be identified by their parent at the first class. Children under age 12 must be accompanied by a parent. (No charge for the parent to attend if not seeking certification.) There is an additional \$50 license fee to the State, which you will pay online after successful completion of the class.

Day: Monday and Wednesday (twice a week for 2 weeks)

Time: 7:00 - 9:30 p.m.

Dates: 5/5, 5/7, 5/12, 5/14 (4 classes)

Place: WMS Seminar Rm.

Fee: \$25.00

Red Cross First Aid for Lay Responders

Learn how to respond to common first aid emergencies, including burns; cuts; head, neck and back injuries and more. Useful take-home course materials help you retain skills and serve as an excellent refresher and reference tool after training is complete. Includes Red Cross certification.

Day: Saturday

Time: 2:00 – 6:00 p.m.

Date: 4/12

Fee: \$50.00

Place: Town Hall Meeting Room

Instructor: Jerry Kochman

Red Cross CPR/AED for Lay Responders

This course covers CPR for adults, infants and children in an approach that complements adult learning styles, featuring hands-on practice and real life scenarios. Additionally, this course also includes training in using an automated external defibrillator (AED) on a victim of sudden cardiac arrest. Useful take-home course materials help you retain skills and serve as an excellent refresher and reference tool after training is complete. Includes two year Red Cross certification.

Day: Saturday

Time: 2:00 – 6:00 p.m.
Date: 4/19
Fee: \$50.00
Place: Town Hall Meeting Room
Instructor: Jerry Kochman

Red Cross CPR/First Aid Re-Certification for Lay Responders

This course provides individuals with the opportunity to review course content and practice skills before taking a written exam and performing skills for evaluation. Includes Red Cross certification following successful completion. Register for either CPR, First Aid or both.

Day: Saturday

Date: 5/3

CPR Recert: 2:00 – 4:00 p.m.

Instructor: Jerry Kochman

First Aid Recert: 4:00 – 6:00 p.m.

Place: Town Hall Meeting Room

Fee: \$35.00 for one certification, \$55.00 for both

Decorative Arts

Watercolor for Adults

Whether you are an artist just starting out or someone who has painted for a while, you will find this workshop fun, educational and inspiring. You will learn how to see colors in nature you have never seen before through the color wheel, and touch upon the importance of good drawing techniques as the bones of your painting. You will learn a wide variety of watercolor techniques while painting your own landscape by the end of the class, including values, learning first to see them in black and white then in color. Please ask for a materials list when registering (approximate cost \$80).

Day: Thursday

Time: 5:45 – 7:45 p.m.

Session 1: 4/24 – 6/12 (8 wks)

Session 2: 6/26 – 8/14 (8 wks)

Place: Senior Center Craft Rm

Fee: \$88.00/session

Instructor: Victoria Lange

Adult Fitness

Train for a 5K

Are you interested in running a 5K road race (3.1 miles)? Are you a walker who would like to try running? Are you a runner interested in improving your times? Join Cassie Dunn in a group setting, for a series of training runs at the Brookfield High School track. (Come dressed to run and bring a water bottle.) We will train together on Saturdays (each person going at their own pace) and then each participant will be given an individualized

workout schedule to follow during the week. Each week you will be given new workouts as you progress. This program will prepare you for the Mother's Day 5K on Sunday, May 11, 2014. (Race registration is included in the fee.) All fitness levels are welcome! Come try a great sport, get fit and make some new friends! Cassie Dunn, former BHS cross-country and track coach, is a certified Road Runners Club of America Coach; NASM certified personal trainer, functional training specialist, Pilates and Spinning instructor.

Day: Saturday

Time 8:00 – 9:00 a.m.

Dates: 4/5 – 5/10 (6 wks)

Place: Brookfield High School Track

Fee: \$70.00

How to Create and Maintain a Fitness Plan

There is so much information on health and fitness today, that it can become very confusing. Having a specific training plan is very important, otherwise going to the gym can be frustrating and inefficient. How do you know what you should be doing? All cardiovascular exercise, (walking, running, elliptical training, etc.) or strength training with machines, or free weights, spin class or pilates? What about Crossfit? Just thinking about it can stop you from going to the gym. Come to a free lecture and learn how to design a fitness plan that will work for YOU. Learn how to develop a strategy to get you into the gym, or outside, and keep you going back until you reach your goals. Join Cassie Dunn, a NASM Certified Personal Trainer, and learn how fitness can fit into your life and work for you. Pre-registration required by calling Parks & Rec. at 775-7310.

Day: Wednesday

Time: 7:00 p.m.

Date: 5/14

Fee: Free

Place: No Limit Health and Fitness, 1120 Federal Road

NEW ~ Introduction to Small Group Training

This class will give you the hands-on experience of a personal trainer in a small group setting. The class will have three participants and will meet once a week. Cassie Dunn, the trainer, will assess your fitness level, work on any specific weaknesses, and teach new skills. You can determine what you would like to get out of the sessions for your specific goals. There can be strength training, interval training, cross fit training, boot camp, etc. You and your group can decide. Bring two friends or be matched up with a group. Class times can be flexible to accommodate the group's schedule, mornings or evenings. Cassie Dunn is a NASM CPT and functional training specialist.

Dates: April 21 – May 18 (once a week for 4 weeks)

Day and Time: to be decided

Fee: \$60.00

Place: NO LIMIT Health and Fitness, 1120 Federal Road, Brookfield

Zumba

Zumba is a great way to stay physically and mentally fit. It is like no other workout you will ever experience!

Zumba is great for the mind, body and soul and is based on the principal that exercise should be fun, which helps you stick with the program until you get results – the key to long term good-health. It's a feel good exercise program designed with a scorching fusion of world music and spicy dance rhythms. With its easy to follow choreography, you burn 500 to 800 calories per hour depending on how hard you work, and tone your body from head to toe. Zumba fitness utilizes aerobic interval training (combining fast and slow rhythms) to deliver a high energy, heart pumping cardiovascular workout you want to return to again and again.

Day: Monday

Time: 7:00 – 8:00 p.m.

Dates: 4/21 – 6/16 (8 wks) – no class 5/26

Place: Center School Gym
Fee: \$75.00
Instructor: Dolly Pinto

Yogalates

A hybrid of yoga and Pilates, Yogalates will give you the best of both techniques. By becoming mindful of movement and breath, and connecting your mind to your muscle, you will increase your flexibility, strength and muscle balance. This program can be modified for all fitness levels, but participants should be comfortable working on the floor. Please bring a mat, a towel and water bottle.

Day: Tuesday
Time: 6:30 – 7:30 p.m.
Dates: 4/22 – 6/10 (8 wks)
Fee: \$75.00
Place: Center School Gym
Instructor: Phyllis Babuini

Why Weight?

Don't be daunted by preconceived perfectly fit images. Why Weight is designed for any body and every body to feel successful in their current fitness level. With slow, steady training focusing on form, movement will transform your shape and attitude. Concentrated resistance using light weights will build muscle, and we'll work on posture and balance, too. Come make some new friends while finding out how capable you really are. Please bring a set of weights (1,3 or 5 pound is recommended) and a towel or mat for floor work. Be sure to wear sneakers and bring a water bottle, too.

Day: Thursday
Time: 6:30 – 7:30 p.m.
Dates: 4/24 – 6/12 (8 wks)
Fee: \$75.00
Place: Center School Gym
Instructor: Phyllis Babuini

Goddess Bellydance

No dance experience necessary! ALL women age 18 and up are invited to unlock the mystery and secrets of this ancient feminine dance. Bellydance will guide you in exploring your sensual, powerful and beautiful self and will enable you to embrace the amazing woman living within yourself. The movements are simple and gentle on your body, while they tone and build strength and health (by aligning your pelvis and back correctly, and building your core strength). Beautiful movements, divinely inspired music, colorful coin belts and silk scarves (both provided) combine to create a class that will leave you feeling as if you have gone on a vacation to an exotic world.

Day: Wednesday
Time: 7:00 - 8:00 p.m.
Dates: 4/9 – 5/14 (6 wks)
Fee: \$102.00
Place: SOUND, 31 Hawleyville Road, Newtown
Instructor: Kristie Liotta

The Fit Female Challenge

8 WEEK PROGRAM, UNLIMITED CLASSES! LOSE FAT AND INCHES! GUARANTEED RESULTS!
Watch your body change as you lose fat and inches. For 8 weeks, you MUST take a minimum of 4 classes per week. You can take any 4 classes that you choose and as many additional classes as you would like. A record will be kept of your classes. You will be weighed and measured before your first

class. A nutrition plan will be recommended for you. At the end of 8 weeks, you will be weighed and measured again. We are so confident that you will be successful, that, if you HAVEN'T lost fat and inches, you will be given a 3 month, VIP membership to NO LIMIT HEALTH & FITNESS. Register no later than Friday, April 25 and to begin the week of April 28.

Fee: \$199.00

Place: No Limit Health & Fitness, 1120 Federal Rd.

Pilates Sculpt

This class combines traditional Pilates and body sculpting exercises using light dumb bells, rings and bands for a total body workout. It is an excellent workout for beginner exercisers through advanced participants. Master instructor, Marni McNiff will guide you through this workout, recommending any necessary adjustments based on your individual needs. All fitness levels are welcome and encouraged! Watch your body change! BABYSITTING AVAILABLE with advanced reservation. Sign up for this class and receive a free gym pass for two weeks.

Day: Tuesday

Time: 9:15 – 10:15 a.m.

Dates: 4/22 – 6/10 (8 wks)

Fee: \$90.00

Place: No Limit Health & Fitness, 1120 Federal Rd.

Abi's Bootcamp

Are you interested in a demanding workout? Do you want to really challenge yourself? Then this workout is for you! Come join Abi Scudder indoors and outside (weather permitting) for an hour to challenge your entire body. Pullups, push-ups, squats, lunges, sprints, drills and core work are just an example of what you will experience. Abi will help push your fitness to the next level. BABYSITTING AVAILABLE with an advanced reservation! Sign up for this class and receive a free gym pass for two weeks.

Day: Friday

Time: 9:15 – 10:00 a.m.

Dates: 4/25 – 6/13 (8 wks)

Fee: \$90.00

Instructor: Abi Scudder

Place: NO LIMIT Health and Fitness, 1120 Federal Rd

Self-Defense for Women

Women age 18 and over will learn potentially lifesaving techniques to avoid and/or escape an attack or assault. Instructor Clinton Murphy is a 5th degree black belt in Kun Tao and specializes in practical self-defense.

Day: Wednesday

Time: 7:00 – 8:00 p.m.

Dates: 5/7 – 5/28 (4 wks)

Fee: \$50.00

Place: Academy of Fighting Arts, 1120 Federal Road

Training Power Hour

This class is like having a personal trainer for 1 hour!!! For women who want a TOTAL body workout. In this class you will burn calories, while firming, shaping and toning, the arms, back, chest, shoulders, legs, glutes and abs. Learn proper form and technique, and obtain your best body possible, by using hand held weights, bands, steps, balls and more. No two classes are the same!!! For people of all physical levels, this class will challenge the beginner AND advanced student. A fun class, with individual attention, that will get you results! Class includes a warm up, cool down and stretching. Bring water and a towel. BABYSITTING AVAILABLE with an advanced reservation! Sign up for this class and receive a free gym pass for two weeks.

Day: Thursday

Time: 9:15 – 10:15 a.m.

Dates: 4/24 – 6/12 (8 wks)
Fee: \$90.00
Place: NO LIMIT Health and Fitness, 1120 Federal Road

Indoor Group Cycling

Come SPIN your way to fitness! You've heard about it, now come and try it! This high-energy workout lets you train at YOUR fitness level in a group situation. In a darkened room, with a top-notch instructor and great music – you will have FUN while getting into the shape of your life! Regardless of your age, fitness level or experience – you will LOVE this! Choose any class on any day April 21 through June 14 for unlimited spinning for \$90.00. Just pre-register for each class at NO LIMIT Health and Fitness (775-8548). BABYSITTING AVAILABLE! NO LIMIT Health and Fitness is located at 1120 Federal Road, Brookfield and is the site for all of our cycling classes. Choose from any of the following class sessions:
Monday, 9:30 – 10:30 a.m. (with abs and arms)
Tuesday, 6:30 – 7:30 p.m.
Thursday, 6:30 – 7:30 p.m.
Saturday, 9:15 – 10:15 a.m.

Yoga Basics

The perfect class series for absolute beginners! You will learn basic yoga poses (which will be modified based on your ability), as well as breathing and relaxation techniques in this well-rounded introduction to yoga. We'll practice mindfulness, stress reduction, and energy awareness so that you'll leave feeling empowered, relaxed and open. No experience necessary! Please note that YogaSpace has moved, they are now located at 78 Stony Hill Road in Bethel (across the street from the Big Y plaza).

Day: Monday
Time: 7:30 p.m. - 8:45 p.m.
Dates: 4/21 – 5/19 (5 wks)
Fee: \$75.00
Place: YogaSpace, 78 Stony Hill Road, Bethel
Instructor: YogaSpace Instructors

Adult Beginner Tennis Lessons

This class is designed for the beginner adult who has never really played much tennis but wants to learn. We will cover the basic strokes in tennis: forehand, backhand, volley, serve, overhead and lob. In addition, you will learn basic USTA rules of the game, how to play the game, and keep score. Please wear a good pair of sneakers, and bring a racquet whose grip fits comfortably in your hand, sunscreen and plenty of water. (We do have a few racquets if you do not have one.) Hats and sunglasses and a water bottle are suggested.

Day: Saturday
Time: 8:30 - 9:30 a.m.
Session 1: 6/14 – 7/5 (4 wks)
Session 2: 7/26 – 8/23 (4 wks) – no class 8/16
Place: BHS Tennis Courts
Fee: \$44.00/session
Instructor: Elaine Gregory, BHS Girls' Coach

Intermediate Tennis for Adults

This class is for the adult tennis player who wants to take the next step beyond the beginner level. This class will focus on better execution of strokes and serve, game strategy and play, as well as tennis rules and match scoring. This class will include drills and game play.

Day: Tuesday
Time: 6:30 - 7:30 p.m.
Dates: 6/17 – 7/8 (4 wks)
Fee: \$44.00
Place: BHS Tennis Courts Instructor: Elaine Gregory

Tennis partner, anyone?

We have had requests from several residents who are looking for additional people to play. If you are interested in being contacted by other residents who enjoy tennis or would like to contact others, please email Donna Korb, Administrative Assistant at dkorb@brookfieldct.gov by May 2. She may also be reached by phone at 775-7310. Please include your name and preferred method of contact (including phone number or email address). It would also be helpful if you noted whether you prefer singles or doubles as well as your approximate playing level if known. We will be compiling a list to distribute to all who responded in mid-May.